

National Curriculum Levels - Fitness

| Points | Skills | Performance | Warm ups | Watching Others |
|-----------------------|---|---|---|---|
| 1 | I know at least 4 out 10 fitness components | I can participate with an basic level of fitness required for activity | I can copy/follow a warm up | I can watch others and sometimes say whether I am better than them or not. |
| 2 | I can identify different fitness components (6/10) | I can participate with adequate levels of fitness required for activity | I can follow a warm up and give one reason as to why we warm up | I can watch others and say whether I am better than them or not. |
| Y7 3 | I can describe the components of fitness used in different sports/games (8/10) | I can perform to a reasonably standard when taking part in a range of fitness training and testing lessons | I know why we need to warm up for fitness related activities and can follow a warm up | I can start to consider why another pupil is better than me or not. |
| Y8 4 | I can describe the difference between health-related and skill-related fitness I can suggest at least 4 types of fitness testing and/or methods of training. | I can perform well within a range of different training methods used within sport. | I can do a full warm up on my own for fitness | I can say why another pupil is better than me or not and attempt to improve |
| Y9 5 | I can describe the difference between health-related and skill-related fitness and link these to sporting examples.. I can suggest at least 5 types of fitness tests and/or methods of training. | I can perform within a range of fitness tests, demonstrating a sound performance. | I can lead a small group in a warm up and say what we do and why we are doing it | I can say why someone is better than me and understand what I need to do to improve and attempt it. |
| 6 | I can explain the difference between health-related and skill-related fitness giving sporting examples. I can suggest at least 6 types of fitness tests and/or methods of training. | I can explain and perform the use of different training methods to a good level and link these to different sports | I can lead a group in a warm up that is suitable for and say why we are doing it | I can listen to what others tell me about my fitness and use it to improve myself |
| 7 | I can explain and demonstrate how to accurately set up each training method and fitness testing | I can participate in all training programmes and fitness testing, showing consistently high levels of achievement (technique etc) | I can lead a warm up that is suitable to the fitness session that the class is doing | I can use feedback to improve myself and help others to improve also |

| Year 7 | |
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| 1 | 2-7 |
| 2 | 8-10 |
| 3 | 11-12 |
| 4 | 13-15 |
| 5 | 16-19 |
| 6 | 20-23 |
| 7 | 24+ |
| Year 8 | |
| 1 | 8-10 |
| 2 | 11-12 |
| 3 | 13-15 |
| 4 | 16-18 |
| 5 | 19-21 |
| 6 | 22-24 |
| 7 | 25+ |
| Year 9 | |
| 1 | 9-11 |
| 2 | 12-13 |
| 3 | 14-16 |
| 4 | 17-19 |
| 5 | 20-21 |
| 6 | 22-25 |
| 7 | 26+ |